

Family News

South Dakota Army and Air National Guard • State Family Readiness Office • May 2008



America's Army & Air National Guard

Our strength is through our family

Dear Families,

Having the distinct privilege and honor to lead the South Dakota National Guard over the past seven months, Gloria and I continue to be inspired by the dedication of our Guard members and their families.

As we continue to deploy units, we truly owe our families a debt of gratitude that we can never repay. May is designated as National Military Appreciation Month. Throughout this month, we have the opportunity to reflect on the steadfast service and selfless sacrifice our military

and our military families provide to our great state and nation. Without our military's service, we could not enjoy the freedoms that we enjoy today.

I also want to remind families that if you encounter any need for assistance, don't hesitate to ask. We have an extensive support system that is available 24-hours a day and is always ready to provide the needed support and assistance.

The South Dakota National Guard is successful because of your families' dedication to the South Dakota Guard.

We would like to personally thank all of you for that dedicated support to your service member. Your support continues to make a difference in the success of our South Dakota National Guard.



Maj. Gen. Steve Doohen

Steve and Gloria Doohen

Family Readiness Office

1-800-658-3930

CPT Martin Yost

Family Readiness Director
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605-415-3131 (C)
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Family Assistance Center
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Nikki Wajer

WING Family Program Coordinator
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nicole.wajer@sdsiou.ang.af.mil

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Staff Sgt. DJ Pearson

Family Program Specialist
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MPSC Contract Employee

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kimberly.chase@us.army.mil

Director's Message May '08

The month of May 2008 was designated as National Military Appreciation Month. I really reflected upon that statement and looked at what the appreciation meant to me. I believe there is not a better time in history to be a member of the National Guard. This appreciation does not just go to service members, but also extends to the service members' families.

Each time references are made about military appreciation it is not just given to the soldier, but also to the families that make the sacrifice for freedom. Our service members and families are on the minds of many people including our elected officials. The elected officials, both national and state, recognize the importance of taking care of Guard Families. They have shown their support by funding many programs through the National Guard Bureau which then allows our state to facilitate new programs.

A new program that will be taking shape this year will be Yellow Ribbon. Our program will be community based which will allow more services through community outreach. We have also improved Reunion and Reintegration. We have added an additional phase to our eight phases of Reunion and Reintegration program by adding a new phase, "Family Day," prior to deployment to train the service members and their families about active duty life. The "Family Day" prior to mobilization also provides a great opportunity for Military Families to come together and build stronger support systems with fellow families.

Training by emotional wellness professionals is also made available to facilitate awareness and education on stress management and coping with separation. We have facilitated "First Drill Back" to allow our service members and families to be face to face with providers ranging from the VA to education. From the time of the alert to the time of dealing with reunion, our Family Programs Office will be there to assist families through outreach and services. Non deployment programs have also been improved with our Family Readiness Group training and of course Strong Bonds. Strong Bonds workshops are now available to both Air and Army National Guard Families.

Our National Guard is part of the total force and yes, we will have future deployments. All of us do not handle the deployments in the same way. We all need to look out for each other. The South Dakota National Guard is one big family. Spouses look after your service member. Parents, brothers, and sisters look out for the single soldier. Service members look out for each other. Last of all, we must all look out for the children. There are so many services to help with dealing with deployment and as a National Guard Family, we should never leave anyone behind. Seek the help that is needed and our staff and National Guard will help to get the resources to find solutions to the problems.

Our Family Program Mission is to promote healthy National Guard families to be self-reliant during both deployment and non deployment through education, outreach services, and partnerships with community organizations. I am going to go one step further and say we cannot complete our mission without your help. Please volunteer with your Family Readiness Group. We will train you for your program and you will take pride in the fact you are part of your service member's unit. Our staff is always ready to serve you and I am proud to be serving the families of the South Dakota National Guard as your program director.



Capt. Martin Yost

*Capt. Martin Yost
Family Readiness Director*



Happenings in the South Dakota Air National Guard Family Readiness Team

Nikki Wajer, the new Wing Family Program Coordinator, has started her duties with the SD Air National Guard effective February 20th. Nikki has already been busy working on upcoming deployments and family activities. Our volunteers have been busy working this quarter on the annual Children's Christmas Program and the Easter Egg Hunt. We had a great turn out at the Christmas Party with 96 children in attendance. Children and their families enjoyed making Christmas cookies, crafts and playing bingo. They also were able to take pictures with Santa and his elf.

In March, we had the 8th Annual Easter Egg Hunt. Hanger 40 was bouncing with kids excited to play the various games and activities. The children also enjoyed the huge egg scramble and the door prizes. Every kid left happy with a either a small Easter basket, toy, or if you were really lucky, a new bike. The Civil Air Patrol volunteered again this year to help with the festivities. We thank all the volunteers that participated in these great events.

Our lead volunteer, Corrie Hanson, continues to make the famous layette basket. In each basket you will find a hand-made blanket specially made for each newborn, and several items needed to care for a child within the first few months of life. We are happy to present these to the families of the 114th Fighter Wing. Security Forces have been mobilized and have begun their mission. We support their unit and extend our hand to their families that we are here to aid you in your mission while your loved one is away. Please contact our office at (605) 988-5962 for information, questions and/or concerns.

The month of April is Month of the Military Child. The Family Readiness Program wants to take a few minutes to recognize each child of a Military member. The children are so important in our mission to serve. National Volunteer week is April 13th-19th. Our family program thrives on our volunteers! We thank each volunteer for their dedication and ambition to serve in their special way.

The Family Readiness team is here to promote family readiness through outreach and education. However, this cannot be done alone. We are currently looking for volunteers for the Family Readiness Program. Please keep in mind this is a great way to support and serve your Air Guard family. If I can be of any assistance please contact me at 605-988-5962. I am looking forward to meeting with you and supporting your mission.

Wilson's Wisdom

By Chaplain Lynn Wilson

Several years ago, actress Helen Hayes was testifying before the U.S. Senate committee on a plan to admit refugee children to America. One Senator asked, "Would you adopt a child you never saw?" Miss Hayes responded, "I didn't see my own child until after it was born."



Chaplain Lynn Wilson

Her comments reminded me that we can love even what we cannot see. This is so true of Soldiers and their families who face long separations. Out-of-sight does not mean out-of-mind IF you make the effort to write, to email, to talk on the phone, and to pray for one another. We in the Chaplain Corp will be praying for all of our Soldiers and their families 1 May 2008 on National Day of Prayer.

But every day should be a day we pray for our military and our military leaders. Though many of our Soldiers are out-of-sight (deployed), they are not out-of-mind. We can love even what we cannot see, until one day we will see them again. Take care of yourselves, and call me if you have any issues I can help you with.

Chaplain Lynn Wilson
Full-time Support Chaplain
Office: 605-737-6009 Cell: 605-431-5182
lynn.wilson1@us.army.mil

Honoring those who've served

The South Dakota National Guard now has a full time Military Funeral Honors Coordinator to help with the final arrangements of our Armed Services members and Veterans. Mr. Robert Sack coordinates with the South Dakota National Guard Honor Guard, local VFW's and American Legion's, as well as The Retired Enlisted Association to provide a dignified military funeral for the

Service Member. A typical military funeral consists of the flag folding and presentation, the playing of taps, and the rifle volley. Any Service Member who has completed an initial enlistment and was discharged under other than dishonorable conditions is eligible for military funeral honors. If you have any questions, Mr. Sack can be reached at (605) 737-6927.

Annual Training Emergency Process

The sky is clearing, flowers are blooming, and the birds are chirping! SPRING IS HERE and Annual Training is just around the corner!

As we prepare for all of the exciting warm weather events, let us take a moment and go over the Annual Training Emergency Process.

It is reasonable and understandable that information is easily disbursed with the use of cell phone and Internet services. PLEASE take into consideration when passing on upsetting information to your Service Member, that it is recommended you contact our Family Assistance Center first. Contacting our office regarding issues or emergencies will enable us to notify Command. Your contact will also provide us the ability to seek resolution, identify resources, and most importantly, ensure your Service Member has the support he/she needs when emergency notification is delivered.

If you are in an emergency and notification needs to be delivered to your Service Member while they are at annual training, please do the following:

Contact the Red Cross (before contacting your Service Member). If calling with a military Family emergency, the Red Cross will need the following from you:

1. Soldier's name, rank, social security number, and date of birth
2. Soldier's unit name (i.e. JFHQ)
3. Have available validation information and contact person/office phone numbers (i.e. physician, hospital, funeral home, etc.)
4. Ask the Red Cross to have the notification delivered to the South Dakota Family Assistance Center at 1.800.658.3930 (phone), 605.737.6088 (fax), or michele.m.anderson@us.army.mil.

If you are outside of the below areas, the National Red Cross number is 1-877-272-7337
South Dakota county numbers to call to reach a military caseworker for Family emergencies:

Beadle/Jerauld Chapter

Huron, SD
Phone: 605-352-4361

Black Hills Area Chapter

Rapid City, SD
Phone: 605-342-4010
Toll-free: 1-888-271-3130

Brookings County Chapter

Brookings, SD
Phone: 605-692-6772

Brown County Chapter

Aberdeen, SD
Phone: 605-225-9664

Davidson/Hanson County Chapter

Mitchell, SD
Phone: 605-996-3087

Lake/Kingsbury County Chapter

Madison, SD
Phone: 605-256-0550

North East Glacial Lakes Chapter

Watertown, SD
Phone: 605-886-3420

Oahe Chapter

Pierre, SD
Phone: 605-945-0400

Sioux Empire Chapter

Sioux Falls, SD
Phone: 605-336-2448

Yankton County Chapter

Yankton, SD
Phone: 605-665-7572

Sioux Falls, SD

Phone: 605-336-2448

Yankton County Chapter

Yankton, SD
Phone: 605-665-7572

Why contact the Red Cross?

Once the situation has been verified by the Red Cross, the Red Cross will contact the Family Assistance Center and deliver the validated emergency message. Please ensure in your contact to the Red Cross that our Family Assistance Center contact information is provided.

The Family Assistance Center will deliver the message to the Unit Command.

The Commander will notify the Service Member.

A RED CROSS NOTIFICATION DOES NOT GUARANTEE THE RETURN OF YOUR SERVICE MEMBER!!!!

The role of the Red Cross is to relay information to the Service Member's Command. Red Cross does not specify the outcome, nor has the authority to do so. Once the message has been received by the Service Member's Command, it is the Command's responsibility to respond to the notification by advising the Service Member.

If you have any questions or concerns please feel free to contact the SOUTH DAKOTA FAMILY ASSISTANCE CENTER at 1-800-658-3930 or 605-381-2859 after hours.

Please understand that per confidentiality laws, the Red Cross is not authorized to contact us in reference to your issue without your consent. PLEASE provide the Red Cross permission to notify us if it is your expectation that we are made aware of the situation.

We encourage you to contact us if you make contact to RED CROSS. We are often times able to notify the Commander in advance so he/she can be advised of the case prior to the receipt of notification. The Service Member will NOT be notified until the validated Red Cross Message is received.



How is your private health insurance treating you?

DID YOU KNOW THAT AS A NATIONAL GUARD/ RESERVE MEMBER, HEALTH INSURANCE IS AVAILABLE TO YOU?

TRUE TRICARE health insurance is available with policy coverage for Service Members and their dependents (must be in DEERS).

TRICARE RESERVE SELECT/ TRS

TRICARE RESERVE SELECT IS COMPREHENSIVE COVERAGE:

- Emergency and Urgent Care
- Immunizations & Health Screening
- Maternity Care
- Behavioral Health Care
- Eye Exam
- Prescription coverage

2008 TRS PREMIUMS (premiums are subject to change annually)

Service Member only coverage is \$81.00 a month

Service Member and Family coverage is \$253.00 a month

ANNUAL DEDUCTIBLE (1 Oct – 30 Sept)

Sponsor Rank E4 and Below:

SM only \$50.00

SM / Fam \$100.00

Sponsor Rank E5 and above:

\$150.00

\$300.00

OUTPATIENT COST – Your Share after the deductible is met.

(For a list of providers in your area access www.triwest.com)

15% Network Provider

20% Non- network provider

CATASTROPHIC CAP – Maximum amount you pay each year (1 Oct – 30 Sept)

\$1000.00 per family

REQUIREMENT: Service Member MUST actively report to drill to be eligible.

EXCLUSION: If you are eligible or enrolled in the Federal Employee's Health Benefits (FEHB) program – (this does include our military Technician force) you are NOT ELIGIBLE for TRS coverage.

Important Notes for currently enrolled beneficiaries and new enrollment!

*Once enrolled, it is necessary to update any changes (new babies, marriage, and divorce). A DEERS update alone will not add family members to your coverage.

**Also once enrolled, if you choose to dis-enroll, you MUST complete the disenrollment form. Updates / disenrollment forms are available on the Guard-Reserve Portal.*

For additional information, TRIWEST has wonderful presentations online at www.triwest.com, under the "Guard and Reserve" section or call 1.888.TRIWEST.

OUR FAMILY ASSISTANCE CENTER STAFF IS COMMITTED TO SERVING SOUTH DAKOTA MILITARY FAMILIES!

TO ENROLL in TRS:

1. Log onto the Guard Reserve Web Portal

www.dmdc.osd.mil/Guard-ReservePortal

- a) Click on the TRICARE Reserve Select Website tab (left side of screen)
- b) Scroll to the bottom of the screen and click on RC Member
- c) For accessing your record select DFAS pin or CAC (Don't select CAC if you do not have a CAC reader at your computer.)

The information on the screen should be your personal information and dependents information.

2. At the top of the screen click on the PURCHASE COVERAGE tab.

3. You will be required to verify that you are not eligible or enrolled in FEHB. If you are not entitled to the FEHB benefit – click not eligible and submit. **If you do have entitlement for the FEHB – do not proceed**

4. Select the month you wish to enroll.

5. The next screen will ask you to verify your address, payment intent, and dependent status.

6. Click on continue. The next screen is the last step on the portal. It is necessary to print the enrollment form also know as the DD Form 2896-1. Upon printing the enrollment/ DD Form 2896 – 1 you may sign off of the portal.

7. Final STEP: Sign and date the DD Form 2896-1 and mail to the following address. DO NOT FORGET to include payment. Your first month premium is necessary with the submission of the enrollment. You can pay by check or provide your credit card information.
TRIWEST Healthcare Alliance
PO BOX 42048
Phoenix, AZ 85080

Please let us know if our Family Assistance Center can be of assistance to you or your family
1.800.658.3930 or
michele.m.anderson@us.army.mil

Thank you for your commitment and dedication!

Michele Anderson
Family Assistance Center Coordinator
South Dakota
Contractor – MPSC
1-800-658-3930

New People

CANDICE TVINNEREIM

My name is Candice Tvinnereim and I am very excited to be the Temporary National Guard Youth Coordinator for South Dakota. I started this position in January and will be finished at the end of June as my predecessor



Candice Tvinnereim

will be returning from Officer Basic Course.

My parents are Paul and SGM Kris Tvinnereim. I have two brothers Eric Tvinnereim of Jackson, MN, and

SSgt Aaron Tvinnereim of Sioux Falls, SD. This position spiked my interest, as I was South Dakota's very first National Guard Youth Representative and have spent many years as a Youth Volunteer, helping with Soldier Readiness Processing.

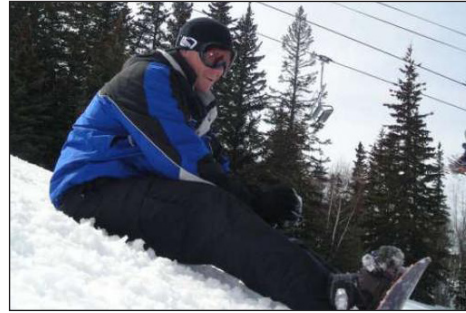
I have been a part of the National Guard Youth Program since I was 13, and have had many rewarding experiences stem from that opportunity. As the National Guard Youth Representative, I attended three National Conferences and helped start the very first Youth Symposium, right here, in South Dakota in 2001.

I have undeniably generated a passion for working with military youth because of that role. In addition, I attended college at North Dakota State University for Business Management. I look forward to continuing my work with the South Dakota National Guard Youth, for they are our future and hope for tomorrow.

DJ PEARSON

Hi, my name is DJ Pearson, and as of February 2008, I will temporarily be a part

of the Family Readiness Program. I will be filling in for Summer Humbracht while she is deployed with C Co 189th.



Sgt. DJ Pearson

I am originally from Mobridge, SD, where I am a member of the 200th Engineer Company. I graduated college from South Dakota State University with a degree in Physical Education. I am currently getting my Masters in Special Education from the University of Nebraska Kearney.

I've lived in Rapid City for almost two years now and I enjoy all the activities this area has to offer. I am looking forward to working with the Family Readiness Program and the many service members in South Dakota.

BETHANY ERCK

Hi, I'm Bethany Erck, the new Family Readiness Support Assistant (FRSA) for the 196th MEB in Sioux Falls. The primary focus of the FRSA will be to serve as the Family program assistant for the commander to assist with the execution of Family program command responsibilities.



Bethany Erck and family

As the FRSA, I will provide assistance in the development, implementation and maintenance of the Brigade's Family program. I'm thrilled to be part of the Family Program's Team and an extra set of hands on the east side of the state. Prior to working

as an FRSA, I have owned my own business and worked extensively in internet website development and e-commerce.

I am the Co-Chair for the All American Salute to the Troops, to be held at the W. H. Lyon Fairgrounds in Sioux Falls, June 20-22, 2008. I also co-chaired the Sioux Falls Vietnam Veterans Reunion held August 7, 2007. I bring a ton of enthusiasm and community connections to the program, as well as quite a bit of event planning experience.

When I'm not working for National Guard Families and the Salute, I enjoy spending time with my husband Bob, my step-son Cade (15) and my son Chance (5). Please stop by my office at the MEB say hello, I look forward to meeting everyone!

NIKKI WAJER

My name is Nikki Wajer and I am the new Wing Family Program Coordinator for the S.D. Air National Guard. I have a strong family tie to the Air Guard with my husband,



Nikki Wajer and family

Jeremy Wajer, being in Security Forces. We have two children, daughter Kyra and son Jaden. I have a background in Justice Administration/Sociology and obtained my bachelor degree from Southwest State University.

Before coming to the Air Guard, I worked for the Department of Corrections - Juvenile Division as a Juvenile Corrections Agent. I am proud to bring my awareness of family support from my past experiences to the Air Guard.

I started my duties on February 20th and have already begun to learn how to maintain a supportive network for the guard members and their families.

FRG: Inform, Educate, Support

The primary purpose of the Family Readiness Group (FRG) is to inform, educate, and support families and ultimately prepare them for mobilization. The Group's purpose is not to raise money and by regulation is very limited in their ability to do so.

Their role of informing, educating and supporting families is critical to the overall success of the unit's mission whether deployed or not. It allows leadership and service members to stay focused knowing their loved ones have reliable support and assistance available to them at all times.

During deployment the primary mission of the Group is to serve as the link between the deployed unit and the families. This ensures correct, current, and official information (command fed through the Lead Volunteer) about the unit's status and mission is disseminated to families, thereby helping to reduce stress, anxiety, and rumors.

During non deployment, the primary mission of the Group is to help prepare families for mobilization. Preparedness is done by building and maintaining FRG telephone trees and email distribution lists, developing a sponsorship program to welcome new families into the unit, helping to provide training for families, creating newsletters, and assisting with unit social events and functions involving the entire family.

Involvement in your unit's Family Readiness Group is encouraged at all times (deployed or not deployed) whether it be as a Phone Tree Caller, serving on a FRG committee, coming to a FRG meeting, training event, or unit function, or just reading the newsletter.

Being connected and forging friendships through the Family Readiness Group will provide the knowledge, support, and resources to understand, improve your family's quality of life, and meet the demands of being a military family.

'08 Workshop "Strength through Family"

The Family Readiness Office is excited about our 2008 Workshop scheduled for September 13 -14th at the Highland Conference Center in Mitchell. This year's theme is, "Strength Through Family."

The workshop will begin at 1 PM on Saturday, September 13th, and concludes at noon on Sunday the 14th. Our keynote speaker will be Bill Zubke from Watertown. Through his use of humor and personal anecdotes, Bill takes his audience through his life, sharing the healing benefit of laughter, the need to see failures as stepping stones, not tombstones, the benefit of claiming love, and eventually leaving a legacy of a better world.

The focus of the Workshop will be to promote preparedness. Classes on resources and how to access them, and the future of Family Programs will be some of the offerings. And of course, time will be allowed for networking. Additionally, you can look forward to an awards banquet followed by an evening of fun featuring karaoke for the entire family. Unit showcases will be spotlighted and the silent auction will once again be available.

Don't miss the fun in MITCHELL! Be sure to complete the enclosed registration form and return with the registration fee TODAY, but No Later Than August 15th, 2008. This allows us ample time to ensure all accommodations are arranged.

Daycare will be available for your children. Infants will be kept in a secure area, while the older children are engaged in various activities within the local area. In order to ensure your children's safety and security, children also must be registered by August 15th to assist us in the provision of adequate numbers of adult supervisors.

Volunteers will be on Invitational Travel Authorizations if they live over 50 miles from Mitchell. This allows reimbursement for mileage, room and meals. If volunteers live within 50 miles, they may be reimbursed for mileage. Reimbursement forms will be completed during the workshop.

We invite you to come and bring your entire family to enjoy some great company and an educational and fun-filled weekend. Please call the Family Readiness Office if you have any questions or concerns at, 1-800-658-3930, or familyprogram@sd.ngb.army.mil. SEE YOU IN MITCHELL!!!

Family Readiness Awards

The State Family Readiness Advisory Council is seeking nominations for the Family of the Year, Volunteer of the Year and Family Program Military Member of the Year for 2007.

Deadline for submissions is August 1, 2008, to the Family Readiness Office. Anyone can nominate a family, volunteer, or service member. A selection board will select one Army and one Air Guard recipient from each category. The awards will be presented at the State Family Readiness Workshop on September 13, 2008, in Mitchell, SD.

As a minimum, nomination packets must include the cover sheet and nomination worksheet (found on the website). Also encouraged for inclusion in the packet are pictures, newspaper articles, letters of recommendation and anything else which would enhance the nomination packet.

Information and forms can be found at <https://sdguard.ngb.army.mil>, then click on the Family Readiness Program, then Family Readiness Awards (on the left-hand side of the screen). Contact the State Family Readiness Office if you have further questions, at 1-800-658-3930 or 605-737-6089, or email at familyprogram@sd.ngb.army.mil.

Bring your Family & Friends to the:

2008 State Family Readiness Workshop in Mitchell, SD September 13 - 14, 2008, at the Highland Conference Center



Non-Military Family Member Information:

Last Name	First Name	(Non-military person) Social Security Number (For Family Program Travel Orders)		
Home Mailing Address		City	State	Zip Code
Daytime Phone		E-mail address		
Unit/Squadron Representing				
Will your Service Member be attending? Yes _____ No _____ Name _____				
Will your Service Member be on military orders? Yes _____ No _____				

MEAL FEE: _____ x \$20.00 = \$ _____ Enclosed is a meal fee of \$20.00 for each adult attendee for the banquet meal on Saturday evening. Family Program funding is not allowed to pay for food (this fee is required along with your registration form).

Make checks payable to: "Highland Conference Center"

ROOM RESERVATIONS: For our budget planning purposes, please check if you require a room for Saturday night: ☐ Saturday night

Volunteers will be put on Travel Orders to pay for mileage, food, and lodging (if you live 50 miles away or more from Mitchell). If you live within 50 miles, your mileage only may be reimbursed. The Highland Conference Center is located between the Comfort Inn and the Hampton Inn just off I-90, Exit 332.

Blocks of rooms have been reserved under "South Dakota National Guard Family" at each location because we were unable to get a large enough block at just one of the hotels. **These blocks will only be available at the \$70.00 per night rate until August 29, 2008.** Therefore, if you require a room, please call and make your room reservations (from the block) with your credit card, at either the Comfort Inn, 605- 990-2400 (which includes four free wristbands for the indoor water park and 200-foot waterslide), or the Hampton Inn, 605-995-1575 (which also has a pool, however wristbands are not included for the waterslide at the Comfort Inn). Both hotels offer a full continental breakfast.

If you have any questions please call 1-800-658-3930, or email familyprogram@sd.ngb.army.mil. Family Program has no funding authority for pay and allowances for military members, therefore Service Members MUST make pay and per diem arrangements with their unit, which may allow them to split train their drill.

CHILD CARE: Available FREE for children – Group 1: 1 month - 3 years Group 2: 4 - 6 years Group 3: 7 - 13 years

Please indicate below if you will need child care. Child care will only be provided if the child is pre-registered on this form. Due to the scheduling, safety, and security of your child(ren), **pre-registration is required, No Later Than August 15, 2008.**

I will need childcare: Yes _____ No _____ (Saturday _____ Sunday _____)

Name(s)	Age(s)	Name(s)	Age(s)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Mail to: State Family Program Office
ATTN: DJ
Bldg 520, 2823 West Main St.,
Rapid City, SD 57702-8186

A LETTER WITH ADDITIONAL DETAILS AND AN AGENDA WILL BE
MAILED UPON RECEIPT OF YOUR REGISTRATION

South Dakota National Guard Family Readiness Training

Family Readiness Training

Whether you are a new volunteer, military member, or just need to refresh your Family Program knowledge, mark your calendars and join us for the following scheduled training!

BASIC / ADVANCED VOLUNTEER TRAINING

October 4, 2008

BASIC 9AM – 12PM/ ADVANCED 1PM to 4:30PM
Rapid City, SD (For All Volunteers)

UNIT MILITARY FAMILY READINESS REP.

October 5, 2008 from 8-11AM

Rapid City, SD (For Military Members)

BASIC / ADVANCED VOLUNTEER TRAINING

November 1, 2008

BASIC 9AM – 12PM/ ADVANCED 1PM to 4:30PM
Mitchell, SD (For All Volunteers)

UNIT MILITARY FAMILY READINESS REP.

November 2, 2008 from 8-11AM

Mitchell, SD (For Military Members)

All classes & workshops are free and materials provided. This office is also available to conduct Family Readiness training at your location for either volunteers or military personnel or a combination of both.

For more information, the most current dates and locations, or to register, log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link – then training / workshops.

Complete the registration form and mail to the indicated address or Fax to: 605-737-6088
or complete online and email to: familyprogram@sd.ngb.army.mil

Strong Bonds - A Free Weekend Away for Married Couples

The South Dakota National Guard Family Readiness and the State Chaplain's Offices are excited to offer Army Guard couples a "free weekend away" from everything to focus on each other and their relationship.

Strong Bonds is the same program and curriculum as PREP®. There is NO therapy, "encounter" groups or sharing of personal concerns.

Strong Bonds focuses on communication skills, addresses problem resolution strategies, reveals how to discover hidden issues, and then moves into caring, fun, and friendship. Couples spend most of their time in special discussions or practicing newly learned communication skills with each other.

The workshop begins Friday evening at 6:30PM and concludes at noon on Sunday.

UPCOMING WORKSHOP DATES:

September 5-6, 2008
(Friday night & Saturday only)
Sioux Falls, SD

October 17-19, 2008
Watertown, SD

For questions or further details
Call the Family Readiness Office at
1-800-658-3930 / 605-381-5761

Volunteers are placed on Invitational Travel Authorizations (spouses for Strong Bonds) which cover mileage, food and lodging for those living over 50 miles away. Mileage may be covered for those living less than 50 miles away. Day care will not be provided but you can be reimbursed your cost (as per Family Readiness guidelines, \$2 per hour, per child for the time spent in the classroom).

Training to include Strong Bonds is subject to change based on funding and enrollments. Enrollment deadlines are 1 week prior and room reservation deadlines are 1 month prior to training.

REGISTRATION FORM

PLEASE PRINT - legibly

Please complete the front and back of this form and:

Mail to: Family Readiness Office

2823 West Main Street, Bldg. 520

Rapid City, SD 57702-8186

or Fax to: 605-737-6088

or complete online and email to: lynn.wright@us.army.mil



Please check
if attending

	BASIC VOLUNTEER TRAINING - 9AM – 1200PM in Rapid City (For All Volunteers) October 4, 2008
	ADVANCED VOLUNTEER TRAINING - 1PM – 4:30PM in Rapid City (For All Volunteers) October 4, 2008
	UNIT MILITARY FAMILY READINESS REPRESENTATIVE TRAINING - 0800 – 1100AM in Rapid City
	BASIC VOLUNTEER TRAINING - 9AM – 1200PM in Mitchell (For All Volunteers) November 1, 2008
	ADVANCED VOLUNTEER TRAINING - 1PM – 4:30PM in Mitchell (For All Volunteers) November 1, 2008
	UNIT MILITARY FAMILY READINESS REPRESENTATIVE TRAINING - 0800 – 1100AM in Mitchell November 2, 2008 (For Military Members)

FOR STAFF USE ONLY

Estimated amount

Information letter sent

Called

Other information

Last Name	First Name	Social Security # (Required for non military travel orders)		
(Mailing) Address		City	State	Zip Code
Email Address		Phone #		
Unit Representing or Affiliated With		Round Trip Mileage From Home to Training Location		

Please check those that apply:

☐ I am a Civilian

☐ I am a Military Member

I will need to stay overnight on ☐ FRIDAY

I ☐ have ☐ have not registered on the guardfamily.org website

Training is primarily for civilian volunteers but military members are also welcome. If volunteers live 50 or more miles away from training, you will be placed on Invitational Travel Authorizations for reimbursement of mileage, food and lodging. If you live less than 50 miles away from training, your mileage only can be reimbursed.

Day care will **NOT** be provided but you can be reimbursed your cost during training per Family Readiness Guidelines. (Guidelines allow reimbursement for \$2 per hour, per child during the time spent in the classroom.) Reimbursement forms will be completed during training.

ATTN: MILITARY MEMBERS - Family Readiness dollars are authorized for Volunteers only; we have no funding authority to cover pay and allowances for service members. Arrangements for pay and per diem must be coordinated with the unit. For questions, please call the Family Readiness Office at 605-737-6089.

***NOTE:** Dates for training are subject to change based on funding and enrollment numbers. Enrollment deadlines are one week prior to training. Room reservation deadlines are 1 month earlier. For the most current dates and locations, please go to the website – <https://sdguard.ngb.army.mil> then the Family Readiness link.

Family Assistance

Fact Sheet located at:
www.guardfamily.org

WHAT IS FAMILY ASSISTANCE?

Family Assistance provides a focal point of information through Six Essential Services in times of contingency call up, mobilization, and large-scale deployments. Family Assistance Centers are critical in providing help to all military families during these long term or short term deployments. This holds especially true for geographically dispersed families who are unable to access services at a local base, installation, or fort. In other words, Family Assistance personnel are the "One Stop Shop" for assistance and referral for families.

THE SIX ESSENTIAL SERVICES:

CRISIS INTERVENTION AND REFERRAL

Provide assistance with the following:

1. Domestic Abuse
2. Child Abuse/Neglect
3. Danger to Self and/or Others
4. Abuse/Neglect of a Vulnerable Adult

LEGAL RESOURCE AND REFERRAL

1. Assistance with Power of Attorney/ Wills
2. Information and assistance with Service Members Civil Relief Act
3. Assistance with referral for ESGR

FINANCIAL RESOURCE AND REFERRAL

1. Understanding Military Pay
2. Assistance with financial assistance and loan applications through the American Red Cross
3. Referral to the availability of outside grants
4. Provide referrals for budgeting classes

TRICARE RESOURCE AND REFERRAL

1. Provide general information on insurance benefits
2. Assist with TRICARE Medical and Dental applications
3. Assist with finding local participating providers
4. Assist with writing letters to challenge claim denials

ID CARDS AND DEERS

1. Provide information on DEERS Rapids Centers
2. Assist with obtaining an ID card

COMMUNITY INFORMATION AND OUTREACH

Provide a list of local Community resources, including but not limited to the following:

1. Assist with Child Care resource and referral
2. Assist with referral to local financial resources
3. Assist with finding a local FRG to assist with Family Readiness

Michele Anderson
Family Assistance Center Coordinator for South Dakota
1-800-658-3930
michele.m.anderson@us.army.mil



NEW Youth Council Members

The South Dakota National Guard Youth Council is made up of extremely driven and talented members, who truly make a difference in the lives of all military youth. The Youth Council focuses on educating military youth on issues including deployment and reunion/reintegration. They are also involved in training, mentoring and serving as a peer educator for other youth.

CURRENT MEMBERS: NEW MEMBERS:

Michael Rensch
Sarah Callies
Alex Meyer

Jeffrey Nelson
Brittini Kirkpatrick
Casey Callies
Danielle Griesse
Elizabeth Foy
Harvey Fitzgerald
Adair Chase

The knowledge, expertise and pursuit of excellence of these Military Youth will help our council to continue to move forward to meet the needs of all our youth in the expanded role of the National Guard.

Youth Leadership Camp

The 2007 Youth Leadership Camp was a great success! It was held at Camp Bob Marshall with the highest camp attendance ever. The attendance was 115 campers between the ages of 10 and 13 years of age. The campers had a great week going to Crazy Horse, Mt. Rushmore, Reptile Gardens and Evans Plunge.

They also got to go canoeing, learn marksmanship and archery, and went to the Veterans home to do a program. Wrapping things up with a graduation ceremony marked another year of Youth Camp gone. This means it's time to start planning for the 2008 Youth Leadership Camp. The Youth Leadership Camp will be held on July 28th through the 1st of August. The camp staff is coming up with a new schedule of events and making this next year more military based. We are looking forward to another great year at Camp Bob Marshall and we hope that you are too! Please see the following page for a camp application.

AKO Instant Messenger

REMEMBER: Military Youth can communicate online with other Military Youth from across the state. All you need is a military sponsor to get an AKO email address and simply sign on to keep in touch with friends from camp, trainings, conferences, etc.

APPLICATION

South Dakota National Guard Youth Camp

July 28th – Aug. 1st, 2008 (Ages: 10-13)



MUST BE COMPLETED AND SUBMITTED BY JUNE 12, 2008 (PLEASE TYPE OR PRINT)

YOUTH NAME: _____ Nickname: _____

Address: _____ City: _____

State: _____ Zip: _____ E-mail Address: _____

Home Phone: (_____) _____ Male _____ Female _____ Age (as of June 1st) _____

Date of Birth: _____ SS#: _____ - _____ - _____

T-shirt size (adult): S _____ M _____ L _____ XL _____ First time Guard camper: Yes _____ No _____

PARENT(S) GUARDIAN NAME: _____

Phone #: Daytime: (_____) _____ Evening: (_____) _____

Cell #: (_____) _____ E-mail: _____

Military Sponsor Information: _____

Name: _____ Rank: _____ Currently Deployed: Yes _____ No _____

Unit: _____ Relationship to camper: _____

YOUTH CAMP: 10 – 13 YEAR OLDS (AS OF JUNE 1ST) ~ JULY 28TH – AUGUST 1ST RAPID CITY

Must be a child/grandchild, sibling or legal dependent of a SDNG member or retired member.

YOUR RETURN PACKET IS DUE JUNE 12TH AND SHOULD INCLUDE:

- 1. Application:** Please make sure application is filled out completely and signed where indicated.
- 2. \$75.00:** Registration Fee. Payable to SDNG Camp. Recommend bringing no more than \$20 for Youth Camp spending money.
- 3. Mail to:** SDNG Youth Camp
2823 West Main Street, Bldg. 520
Rapid City, SD 57702

*We will be unable to process packets
with incomplete information.
Packets will be returned if incomplete.*

I certify that I am the legal parent/guardian of the child listed on this application.

- * I grant permission to the SDNG Camp to approve emergency medical treatment for my child.
- * I give my permission of the release of my child's name, address and phone number to be provided to fellow campers and staff for the purpose of future communications. It will not be sold or distributed for any other use. Any photos or videos may be used for the promotion of the South Dakota National Guard Camp.
- * I hereby waive any claim against the SDNG, the Department of Military Affairs, the State of South Dakota, or the United States of America for any causes which may arise in connection with the participation of _____ in the South Dakota National Guard Camp.

Child's name _____

Parent/Guardian Signature _____

Date _____

FOR CAMP USE ONLY

Check # _____

Application Complete _____

Physical _____

Information letter sent _____

Liability Waiver _____

Essay Question

(one to two pages)

WHAT DOES THE SOUTH DAKOTA NATIONAL GUARD MEAN TO ME AND MY FAMILY?

* Not applicable if family member is not deployed

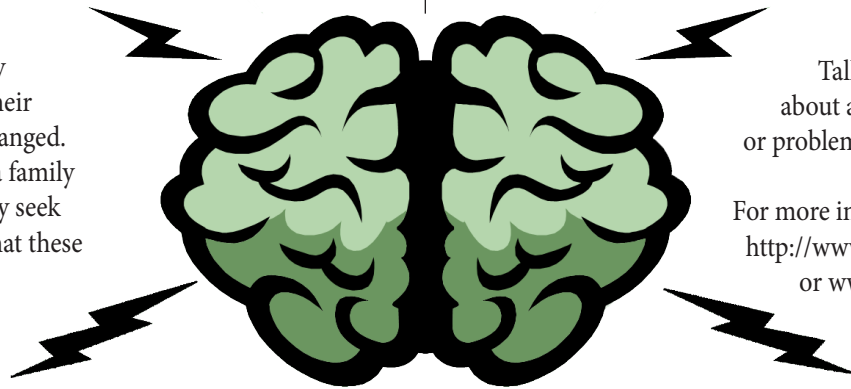


Traumatic Brain Injury

Traumatic Brain Injury

Traumatic brain injuries, whether mild or severe, are the number one injury in Iraq and Afghanistan. If the head is hit or violently shaken (such as from a blast or explosion), a “concussion” or “closed head injury” can result. Concussion is seldom life threatening, so doctors often use the term “mild” when the person is only dazed or confused or loses consciousness for a short time.

However, concussion can result in serious symptoms. People who survive multiple concussions may have more serious problems. People who have had a concussion may say that they are “fine” although their behavior or personality has changed. If you notice such changes in a family member or friend, suggest they seek medical care. Keep in mind that these are common experiences, but may occur more frequently with TBI. If in doubt, ask your doctor.



Recovery Following TBI

Some symptoms may be present immediately; others may appear much later. People experience brain injuries differently. Speed of recovery varies.

Most people with mild injuries recover fully, but it can take time. In general, recovery is slower in older persons.

People with a previous brain injury may find that it takes longer to recover from their current injury. Some symptoms can last for days, weeks, or longer. Talk to your health care provider about any troubling symptoms or problems.

For more information, go to <http://www.behavioralhealth.army.mil> or www.pdhealth.mil.

Common Symptoms of Brain Injury

- Difficulty organizing daily tasks
- Trouble with memory, attention or concentration
- Blurred vision or eyes tire easily
- More sensitive to sounds, lights or distractions
- Headaches or ringing in ears
- Impaired decision making or problem solving
- Feeling sad, anxious or listless
- Difficulty inhibiting behavior – impulsive
- Easily irritated or angered
- Slowed thinking, moving speaking or reading
- Feeling tired all the time
- Easily confused, feeling easily overwhelmed
- Feeling light-headed or dizzy
- Change in sexual interest or behavior

To Promote Healing and Manage Symptoms

THINGS THAT CAN HELP

- Get plenty of rest & sleep
- Increase activity slowly
- Carry a notebook – write things down if you have trouble remembering
- Establish a regular daily routine structure activities
- Do only one thing at a time if you easily distracted
- Check with someone you trust when making decisions

THINGS THAT CAN HURT

- Avoid activities that could lead to another brain injury – examples include contact sports, motorcycles, skiing
- Avoid caffeine or “energy-enhancing” products as they may increase symptoms
- Avoid pseudo ephedrine-containing products as they may increase symptoms – check labels
- Avoid excessive use of over the counter sleeping aids – they can slow thinking and memory

APPLICATION

2008 STARBASE



Summer Program 14 -18 July, 2008

CAMP RAPID, RAPID CITY, SOUTH DAKOTA

Name: _____
Last First Middle

Prefers to be called: _____
Nickname

Parent/Guardian: _____ Address: _____

City: _____ State: _____ Zip _____

Home Phone: (_____) _____ Work Phone: (_____) _____

Gender: Male Female Date of Birth: _____ Age: _____

School: _____ School District: _____

School Grade in the Fall: 5th grade _____ 6th grade _____ 7th grade _____

Has child previously attended STARBASE? _____

If yes, what month, year, and site location _____

Military sponsor: _____ Relationship to child: _____

Military sponsor's unit, location and service: _____

THE 2008 SOUTH DAKOTA NATIONAL GUARD SUMMER STARBASE DAY ACADEMY WILL BE HELD JULY 14 TO JULY 18, 2008.

REMARKS: Health & Waiver form must be completed, also.

This is a day camp which starts at 9:00 AM Sharp and ends at 2:00 PM Sharp. Therefore, attendants must arrive at Building 123, Camp Rapid at the stated time with transportation to and from Camp Rapid provided by parent/guardian. If we are going on a field trip, times may need to be adjusted to accommodate for bus travel time. All attendants will need to bring a sack lunch – we have refrigeration for them. Upon acceptance into the program, further information will be provided.

Mail to: 2823 West Main Street, Bldg. 123
Rapid City, SD 57702-8186
Phone: 605-737-6083
Fax: 605-737-6082
Email: judy.gorman1@us.army.mil

APPLICATION

2008 STARBASE



Summer Pilot Program 21 - 25 July, 2008

CAMP RAPID, RAPID CITY, SOUTH DAKOTA

Name: _____
Last First Middle

Prefers to be called: _____
Nickname

Parent/Guardian: _____ Address: _____

City: _____ State: _____ Zip _____

Home Phone: (_____) _____ Work Phone: (_____) _____

Gender: Male Female Date of Birth: _____ Age: _____

School: _____ School District: _____

School Grade in the Fall: 5th grade _____ 6th grade _____ 7th grade _____

Has child previously attended STARBASE? _____

If yes, what month, year, and site location _____

Statement of Parental/Guardian Support: I, _____, support my child attending the
2008 South Dakota National Guard STARBASE Manufacturing (25 hour) Academy.

Two School Personnel that support the participant attending this program are:

(Print Names & Job Titles)

THE 2008 SOUTH DAKOTA NATIONAL GUARD SUMMER STARBASE MANUFACTURING ACADEMY WILL BE HELD JULY 21 TO JULY 25, 2008.

REMARKS: Health & Waiver form must be completed, also.

This is a day camp which starts at 8:45 AM Sharp and ends at 2:00 PM Sharp. Therefore, participants must arrive at Building 123, Camp Rapid at the stated time with transportation to and from Camp Rapid provided by parent/guardian. If we are going on a field trip, times may need to be adjusted to accommodate for bus travel time. All participants will need to bring a sack lunch – we have refrigeration for them. Upon acceptance into the program, further information will be provided.

Mail to: 2823 West Main Street, Bldg. 123
Rapid City, SD 57702-8186
Phone: 605-737-6083
Fax: 605-737-6082
Email: judy.gorman1@us.army.mil

South Dakota National Guard
Family Support Program
2823 West Main Street, Bldg. 520
Rapid City, SD 57702-8186



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RAPID CITY, SD

guardfamily.org

Not just for families

This exclusive, member-only site is for members of the National Guard Community to include: Families, youth, service members, family program paid staff and educators. Go there to find exclusive content, local and national resources, and to access documents and training materials helpful for your unit, community and Family Readiness Group. Once you are registered on the site, you gain access to information pertinent to National Guard Families and units. Additionally, the Family Readiness Office can accomplish email campaigns and workshop and training registrations more simply with the capability for you to do it online.

It is also an access point to online courses. Guard Family Training modules are a specially designed education and training program for and about the National Guard community. Program modules cover a wide variety of topics most often requested by families and National Guard leadership.

The Youth section is awesome providing engaging games and activities for children relevant to National Guard Youth. Additionally, view the latest events and announcements of what's happening nationally. There is also a discussion board available to chat with others from across the nation. Further, links to other helpful resources and websites are located here for your convenience.

